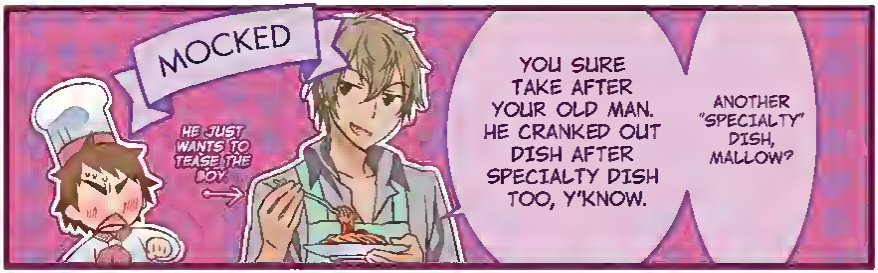
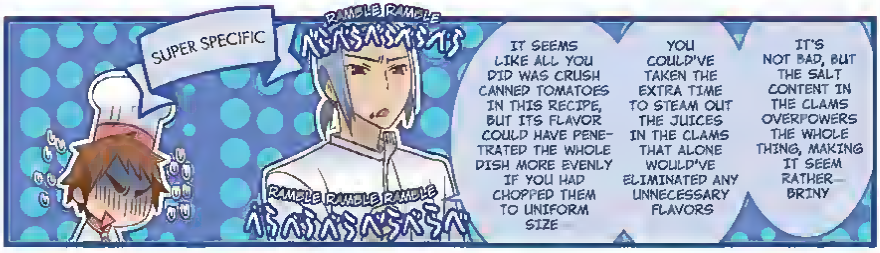
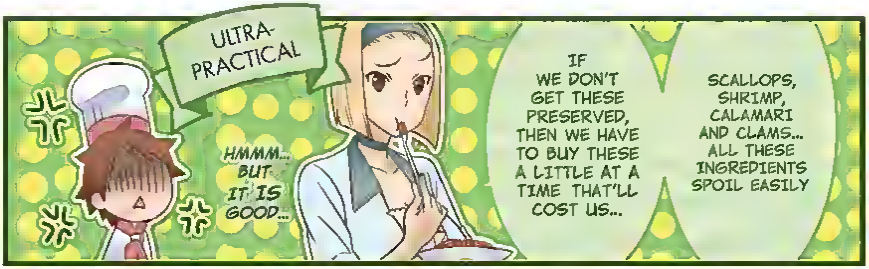
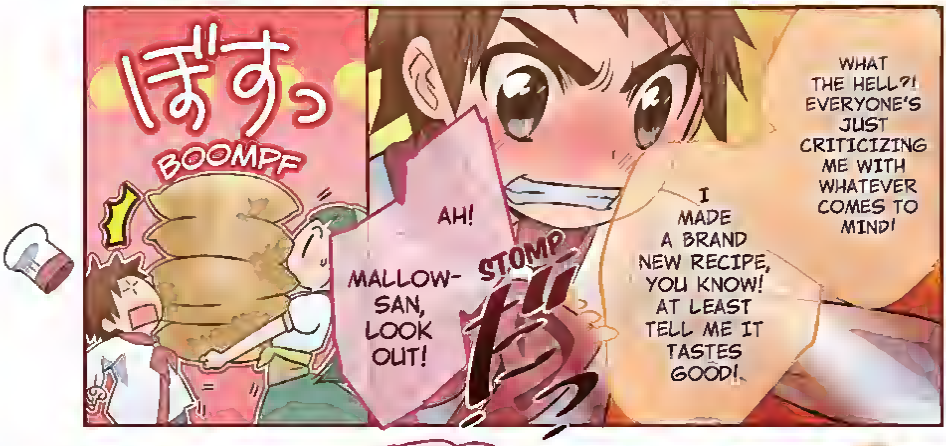
HEY EVERYONE, TRY THIS OUT! THE ONE AND ONLY MALLOW KITAHARA'S SPECIALTY PESCATORE!
TA-DUMM
ALL RIGHT! I'VE FINISHED PUTTING TOGETHER THE ROYAL ROAD OF ITALIAN PASTAS, PESCATORE!
ぼっか STEAM
ぼか STEAM
ぼか STEAM

PESCATORE ~SHELLFISH AND TOMATO PASTA~


MOCKED
HE JUST WANTS TO TEASE THE BOY
YOU SURE TAKE AFTER YOUR OLD MAN. HE CRANKED OUT DISH AFTER SPECIALTY DISH TOO, Y'KNOW.
ANOTHER "SPECIALTY" DISH, MALLOW?

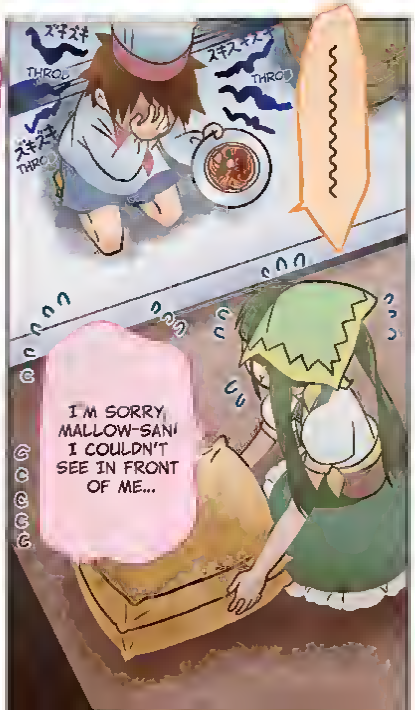

SUPER SPECIFIC
RAMBLE RAMBLE
RAMBLE RAMBLE RAMBLE
IT SEEMS LIKE ALL YOU DID WAS CRUSH CANNED TOMATOES IN THIS RECIPE, BUT ITS FLAVOR COULD HAVE PENETRATED THE WHOLE DISH MORE EVENLY IF YOU HAD CHOPPED THEM TO UNIFORM SIZE
YOU COULD'VE TAKEN THE EXTRA TIME TO STEAM OUT THE JUICES IN THE CLAMS THAT ALONE WOULD'VE ELIMINATED ANY UNNECESSARY FLAVORS
IT'S NOT BAD, BUT THE SALT CONTENT IN THE CLAMS OVERPOWERS THE WHOLE THING, MAKING IT SEEM RATHER— BRINY

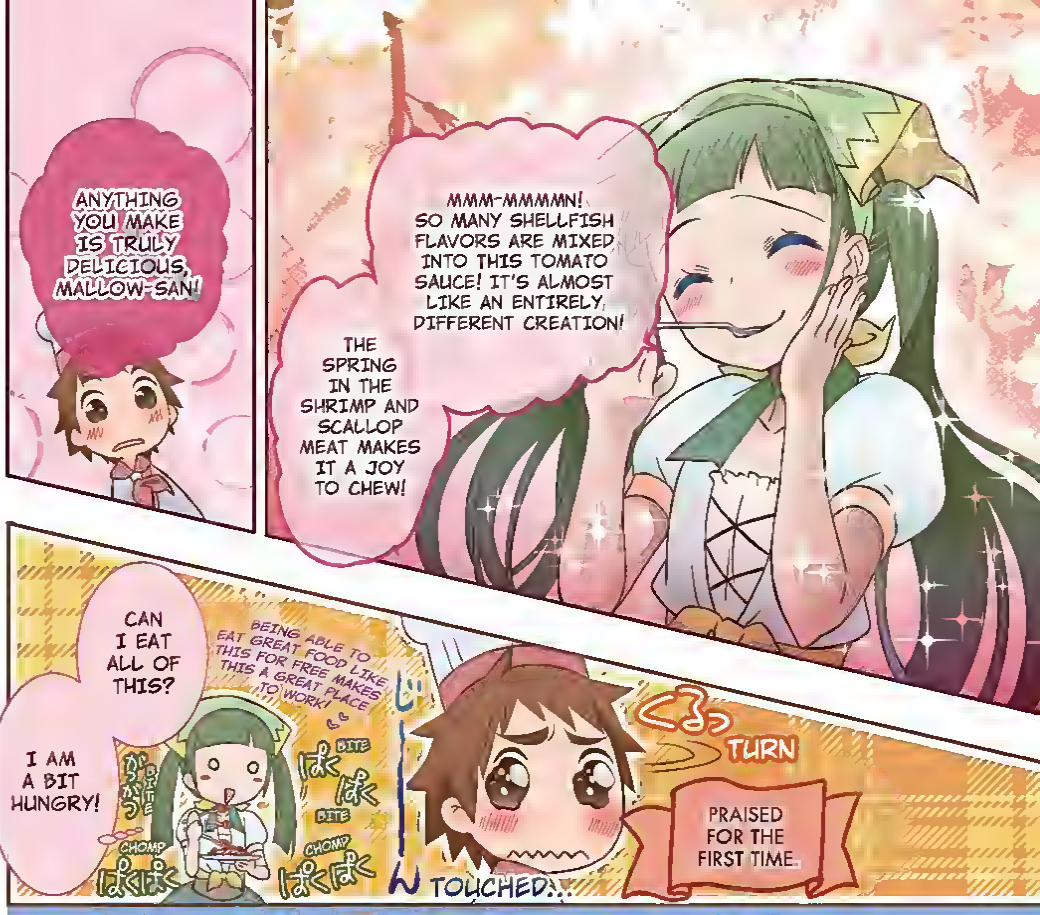

ULTRA-PRACTICAL
HMMM... BUT IT IS GOOD...
IF WE DON'T GET THESE PRESERVED, THEN WE HAVE TO BUY THESE A LITTLE AT A TIME THAT'LL COST US...
SCALLOPS, SHRIMP, CALAMARI AND CLAMS... ALL THESE INGREDIENTS SPOIL EASILY


ぼすっ
BOOMPF
AH!
MALLOW-SAN, LOOK OUT!
STOMP
I MADE A BRAND NEW RECIPE, YOU KNOW! AT LEAST TELL ME IT TASTES GOOD!
WHAT THE HELL?! EVERYONE'S JUST CRITICIZING ME WITH WHATEVER COMES TO MIND!

WANT A BITE?
HMN? IS THAT A NEW DISH OF YOURS?

あーん
THROB


スキスキ
THROB
I'M SORRY, MALLOW-SAN! I COULDN'T SEE IN FRONT OF ME...


ANYTHING YOU MAKE IS TRULY DELICIOUS, MALLOW-SAN!
MMM-MMMMN! SO MANY SHELLFISH FLAVORS ARE MIXED INTO THIS TOMATO SAUCE! IT'S ALMOST LIKE AN ENTIRELY DIFFERENT CREATION!
THE SPRING IN THE SHRIMP AND SCALLOP MEAT MAKES IT A JOY TO CHEW!
CAN I EAT ALL OF THIS?
I AM A BIT HUNGRY!
BEING ABLE TO EAT GREAT FOOD LIKE THIS FOR FREE MAKES THIS A GREAT PLACE TO WORK!
BITE
CHOMP
TURN
PRAISED FOR THE FIRST TIME.
TOUCHED...
HUH?
SORRY, RURI-SAAAAAN!
Y-YEAH, THAT'S RIGHT!
YOU'RE SUCH A SLOWPOKE, MORINA!
HEY MORINA! TAKE YOUR BREAK BETWEEN SHIFTS!
NOPE!
SURE, WHY NOT. IT'S NOT LIKE YOU CAN EVER MAKE PESCATORE OF THIS CALIBER ANYWAY.

PESCATORE *(INGREDIENTS FOR FOUR PEOPLE)*

- 320 GRAMS OF SPAGHETTI
- SALT TO TASTE
- A1 - 1 GARLIC (MINCED)
- A2 - 4 TBSP OF OLIVE OIL
- A3 - (OPTIONAL) 1 HOT PEPPER
- 2 TSP OF WHITE WINE
- B1 - 2 SCALLOPS
- B2 - 8 SHRIMP, PEELED AND HEADLESS
- B3 - 100 GRAMS OF CALAMARI, ROLLED UP AND FROZEN
- B4 - 200 GRAMS OF MANILA CLAMS
- 1 CAN OF TOMATOES
- SALT AND PEPPER TO TASTE

1) CUT SCALLOPS INTO EQUAL QUARTERS AND CALAMARI INTO ROUNDS

2) ADD A-GROUP INGREDIENTS TO A FRYING PAN ON LOW HEAT. WHEN THE INGREDIENTS BECOME FRAGRANT, ADD B-GROUP INGREDIENTS AND STIR-FRY ON MEDIUM HEAT. ADD WHITE WINE AND COVER WITH A LID. WHEN THE CLAMS OPEN, REMOVE LID AND ADD CANNED TOMATOES

3) BRING WATER IN A POT TO A BOIL. ADD SALT AND SPAGHETTI. ONCE THE SPAGHETTI IS COOKED, ADD INGREDIENTS FROM STEP 2) TO THE POT, AND ADD MORE SALT AND PEPPER TO TASTE.

SINCE THIS MANGA'S BEING RELEASED IN THE FALL, I'M GOING WITH A PRINCESS KAGUYA-THEMED ILLUSTRATION.
MIX COPIOUS AMOUNTS OF RICE FLOUR AND SILKEN TOFU INTO A BALL, AND YOU HAVE YOURSELF MOON DUMPLINGS!

THANK YOU FOR READING!

THANKS TO EVERYONE'S SUPPORT, WE'VE BEEN ABLE TO TURN THIS INTO A BOOK FOR EVERYONE TO ENJOY. TO EVERYONE INVOLVED IN THIS PROJECT, TO ALL THE READERS WHO CHEERED ME ON — THANK YOU SO VERY MUCH!

Special thanks

- K-MIYA-SAMA
- THE FAMILY WHO ALWAYS STOOD BY MY SIDE
- THE FRIDAY CLUSTER OF AUTHORS I FORGED ONWARD TOGETHER WITH SINCE THE EARLY DAYS

PLEASE CONTINUE TO SUPPORT ME IN THE DAYS AHEAD!

2015.09 NAB_AT / ATSUKO WATANABE

A LITTLE EXTRA RECIPE

INTRODUCING... RECIPES FOR DISHES THAT APPEARED IN THIS MANGA!

17. SANGRIA

ENJOY THIS DELICIOUSLY FRUITY WINE IN THE SUMMER! THE POSSIBILITIES ARE ENDLESS, SO GO DISCOVER YOUR OWN FAVORITE BLEND!

INGREDIENTS

- RED WINE (IT'S PREFERABLE TO MAKE IN LARGE AMOUNTS)
- CARBONATED WATER – EQUAL AMOUNT TO RED WINE
- FRUITS (LEMON, APPLES, KIWI, ORANGES, GRAPEFRUITS, PINEAPPLES, ETC TO TASTE)
- A DASH OF CINNAMON

1) CUT FRUITS INTO LARGE BITES, WITH THE SKIN STILL ON (WASHING THE FRUITS WITH DISH SOAP BEFORE SLICING WILL HELP RINSE OFF ANY PESTICIDES)

2) POUR ALL INGREDIENTS INTO A BOTTLE OR PITCHER AND LET SIT OVERNIGHT

DELICIOUS SANGRIA CAN BE MADE WITH STRAWBERRIES AND MINT, AND EVEN WITH WHITE WINE! BUT WAIT TO TRY SOME UNTIL YOU'RE LEGAL TO DRINK!

ACQUA DI MARE

ACQUA = WATER.
MARE = OCEAN.
JUST LIKE IT SAYS, IT'S A FISH DISH COOKED IN SALTWATER.

INGREDIENTS (FOR FOUR)

- ONE WHOLE WHITE FISH
- 2 BUNCHES OF ITALIAN PARSLEY
- 200 GRAMS OF CLAMS
- 1 GARLIC
- 1 POTATO
- 2 ANCHOVIES
- 8 CHERRY TOMATOES
- 2 TBSP OF OLIVE OIL
- 300CC OF WATER
- 50CC OF WHITE WINE

2) ADD GARLIC AND OLIVE OIL INTO A FRYING PAN ON LOW HEAT. WHEN INGREDIENTS BECOME FRAGRANT, ADD ANCHOVIES AND SAUTE

3) ADD FISH, WATER, POTATOES AND CLAMS, WHITE WINE AND CHERRY TOMATOES AND BRING TO A SIMMER PUT THE LID ON AND LET STEW ON LOW HEAT FOR ABOUT 15 MINUTES, PERIODICALLY SKIMMING OFF ANY FOAM FROM THE SURFACE. WHEN THE FISH IS FULLY COOKED, ARRANGE ON A PLATE AND SPRINKLE WITH ITALIAN PARSLEY

FISH CAN BE EATEN WHOLE WITH THIS METHOD. IT'S GREAT FOR SHOWING OFF AT PARTIES, TOO.

0.8. RIPIENE

RIPIENE IS CUISINE INVOLVING STUFFING ANY ITEM WITH ANOTHER. IN AUGUST AND SEPTEMBER, ANY AUTUMN EGGPLANTS HARVESTED WILL HAVE THEIR SEEDS PACKED IN, MAKING THEM VERY FLAVORFUL!

INGREDIENTS (FOR FOUR)

- *6 EGGPLANTS*
- *2 TBSP OF PARMESAN CHEESE*
- *ONE PACK OF RICOTTA CHEESE*
- *80 GRAMS OF SALAMI*
- *A DASH OF OREGANO (IF YOU HAVE SOME)*
- *½ A CUP OF BREAD FLOUR*
- *2 EGGS' WORTH OF EGG YOLK*
- *50CC OF COW'S MILK*
- *SALT AND PEPPER TO TASTE*

1) CUT EGGPLANTS INTO HALVES. SCOOP OUT THE INSIDES, THEN THINLY SLICE THE INSIDES AND SEASON WITH SALT. CUT SALAMI INTO CUBES.

2) MIX ALL OTHER INGREDIENTS TOGETHER IN A BOWL. SEASON WITH SALT AND PEPPER. GENTLY SQUEEZE EXCESS MOISTURE FROM THE EGGPLANT INSIDES, THEN ADD TO THE BOWL.

3) TAKE THE MIX FROM 2 AND STUFF INTO THE HOLLOW EGGPLANTS. SET THE OVEN FOR 200 DEGREES CELSIUS AND BAKE FOR 25 TO 30 MINUTES.

0.9. ITALIAN DRESSING

INGREDIENTS (FOR FOUR)

- 4 TBSP OF OLIVE OIL
- 1 TSP OF LEMON JUICE
- 2 TBSP OF BALSAMIC VINEGAR
- DASHES OF SALT AND PEPPER
- 1 TBSP OF HONEY
- GRATED GARLIC, ONE WHOLE BULB'S WORTH

1) MIX ALL INGREDIENTS TOGETHER REALLY WELL AND YOU'RE DONE!

FOR THOSE LAZY TYPES WHO CAN'T BE BOTHERED, POUR SOME OLIVE OIL ON YOUR SALAD, THEN ADD A BIT OF SALT, PEPPER, AND A FEW DRIPS OF SOY SAUCE. YOU'LL STILL HAVE YOURSELF A DELICIOUS DRESSING!

18. BECCAFICO

I'M SURE THIS IS THE FIRST TIME MANY OF YOU HAVE HEARD THE TERM "BECCAFICO." THIS IS ITALIAN-STYLE HERB-FRIED DISH. TRY IT WITH SARDINES AND PACIFIC SAURY!

INGREDIENTS (FOR FOUR)

- SARDINES, PACIFIC SAURY, HORSE MACKEREL, ETC. (ENOUGH SERVINGS FOR FOUR)
- SALT AND PEPPER TO TASTE

A – 1 TBSP OF PINE NUTS (IF AVAILABLE)
A – 8 BLACK OLIVES (IF AVAILABLE)
A – 2 TBSP OF PARMESAN CHEESE
A – 2 TBSP OF OLIVE OIL
B – 2 TBSP OF BREAD FLOUR
A – ½ AN ONION
B – 2 TBSP OF OLIVE OIL

1) SEASON A CLEANED AND OPEN-FILLET FISH WITH SALT AND PEPPER. ROAST PINE NUTS AS IS IN A PAN, AND CUT BLACK OLIVES INTO ROUND SLICES.

2) PUT ALL THE A-GROUP INGREDIENTS INTO A BOWL AND MIX WELL WITH SALT AND PEPPER SEASONING. DIVIDE THE MIX EVENLY AMONG THE INGREDIENTS IN 1).

3) POUR THE MIX INTO EACH FISH AND WRAP TIGHTLY, HOLDING THE ENDS TOGETHER WITH A TOOTHPICK. LINE THE FISH UP IN A HEAT-RESISTANT CONTAINER. POUR THE B-GROUP INGREDIENTS OVER THE FISH, THEN PLACE THE CONTAINER INTO A PRE-HEATED OVEN AT 220 DEGREES CELSIUS. BAKE FOR 15 TO 20 MINUTES.

ITS FRAGRANCE AND CRISPY-FRIED SENSATION IS IRRESISTIBLE! YOU'LL HUNGER FOR IT EVEN ON THE HOTTEST DAYS!